GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

Safety In Your Backyard

Your back yard is your family world for summer fun and private living. For safety sake, please think and develop an attitude of safety first.

There are many things in our back yard that can cause unjuries which result in suffering, medical expenses, lost wages, lost production and lost property. Keep accidents from ruining your summer by putting safety into every activity. We need to know about the hazards and learn to protect themselves against them.

Some of our most common accidents during the summer are involved with the following items or activities:

1. POOLS - If you have a back yard pool, it should be fenced off and always supervised when children are playing in it. Even a little wading pool or kiddie pool can be dangerous without proper supervision.

2. PESTICIDES are used and sometimes stored incorrectly. These can cause poisoning. With the great interest in home gardening now, many people are using pesticides that have never before handled them. It is extremely important that these be properly used and properly stored and at all times kept out of reach of children.

3.The BARBEQUE GRILL can be a source of good eating, but it also may be dangerous. Many family members are burned each summer because the grill may not be properly started or was not watched at all times. If you have young children, it is extremely important that they be taught the dangers of playing around a barbeque grill and learn that this can cause a great deal of discomfort if an accident occurs.

4. SWINGS AND SLIDING BOARDS add a great deal of pleasure in our summer activities. It is extremely important to check swings and slides each year to make sure that they are strong enough and are in good repair. Remember children grow from wear to year and sometimes a child's weight may increase enough so that they have outgrown the play equipment. the play equipment.

5. POWER MOWERS are extremely helpful as we care for our lawns during the summer. But remember, they can be extremely dangerous. Stones, sticks and other debris should be kept cleaned off the yard so these will not be thrown into the person or onto the yard when you are cutting grass. Children should be kept away from power mowers at all times. Anyone cutting grass should wear a heavy, leather-type shoe and not a canvas one.

6. HEDGE TRIMMERS - Hedge trimmers are another convenience, but can run wild and cut. These need to be respected and handled very carefully. You also should be very, very careful when using an electric extension cord for your hedge trimmers. These cords should be heavy-duty, moisture resistant and grounded. Be extremely careful when handling your hedge trimmers and not let it get tangled into your cord and cut the cord. This is another hazard.

7. GASOLINE is a necessary item when we are using it in the lawn mower and roto tiller and other gasoline powered engines for the summer. A reminder, please be careful and keep the gasoline stored properly so it will not be near children. It should be properly sealed and stored so it cannot cause fires or other hazards. Gasoline is poisonous if inhaled or swallowed. Please be cautious about this and have a safety type can and a good storage place where ther gasoline will not be where children can get injured by contact with it.

8. TRASH seems to be in an abundance in the summertime. Remember that trash and litter can cause people to fall or can be hazardous and cause fires. Please be a good citizen as you are picnicking on trips and take care of your trash properly.

9. TOOLS are very necessary as we work our gardens, keep our lawns in good shape and groom our flowers. Remember trhat tools left unstored or on the ground can cause falls and injuries. Your tools will last much longer if they are properly stored in a building or shed.

Summer is a special time of the year. We all want to enjoy it. But please remember if there are small children in your family, they should be supervised at all times. Small children can get excited and wander out of their yards and onto the highways and streets. Please be extra cautious with your family members, and with the use of the items listed above. Summer needs to be a safe time. Think safety first and let's each of us enjoy a good summer.

Should you have a food preservation problem, you may call or write the Appomattox County Extension Office. Our phone number is 352-8244 and our P.O. Box number is 488. Have a good week home-makers!

RECIPE OF THE WEEK

Hazel's Zucchini-Cucumber Salad

1/4 cup of onion flakes
2 medium zucchini unpeeled
2 medium cucumbers peeled
1/4 cup sugar
1 Tbsp. salt
1 cup of white vinegar
3/4 teaspoon of black pepper
1/2 to 3/4 tsp. of crushed red papper
1/4 teaspoon of instant garlic powder.

Mix onion flakes and 3 tbsp. water. Let stand for 10 minutes to rehydrate. Score zucchini and cucumber with a fork and cut in very thin slices. Alternate layers of onions and vegetables in a bowl.

Dissolve sugar and salt in 1 cup opf hot water. Add remaining ingredients. Mix well and pour over vegetables. Cover and refrigerate at least one hour before serving. Salad will keep for several day. Serves 6 to 8.

Many thanks to Mrs. Hazel Wilbun for sharing this delicious recipe with us. She served this at a homemaker's picnic and it was the "hit of the evening."

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A local registered nurse is shown in above photo checking blood pressure on citizen during the blood pressure clinic held Saturday.

Mrs. Debbie Knight, employee at American Federal Savings & Loan Association, is shown assisting with registrations at the Blood Pressure Clinic held Saturday.

Blood Pressure Clinic Held Saturday

Saturday, July 1, 1978, marked the fourth successful Blood Pressure Clinic sponsored by the American Heart Association for Appomattox County.

The clinics, held every six weeks at American Federal Savings and Loan Association, Triangle Plaza Branch, screen approximately 75 to 100 citizens at each session. Delores Hopkins, Chairperson for the Appomattox Chapter of the American Heart Association, wishes to thank all volunteers who have helped make these clinics possible. A special thanks to American Federal Savings & Loan Association for providing facilities.

The next clinic will be held on August 12, 1978 from 9 a.m. until 1 p.m. Perform a death defying act by having your blood pressure checked at this session.

American farmers today spend more than $40 billion per year on production expenses—machinery, fertilizers, herbicides and pesticides. The farmer is a good customer for basic industries such as petroleum, steel, rubber and chemicals.

* * *

Among the products considered worth investing in is AAtrex 4L, the atrazine herbicide that Ciba-Geigy makes with a continuous flow process.

* * *

When an American Indian wanted to plant corn where a tree was already standing, he would cut a strip of bark all around the tree instead of chopping it down. The tree would soon die and its leaves would no longer block off the sun.

SUNDAY SCHOOL	10:00 A.M.
MORNING WORSHIP	11:00 A.M.
YOUTH RALLY	6:45 P.M.
EVENING WORSHIP	7:30 P.M.
PRAYER MEETING	7:30 P.M.

PURITAN PULPIT 9:00 A.M. DAILY

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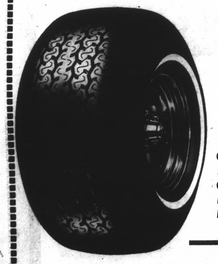

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SPORTS

PAMPLIN TEAM, DIXIE YOUTH BASEBALL. Major League players and coaches are shown in above photo. Front row, left to right, are Chris Tolley, Malcolm Miller, Lonny Hamlett, Tom Cobb and Terry Richardson; second row, left to right, are Todd Pickett, Allen Hamlett,Jr., Pete Baldwin Glenn McClenny and Buddy Hamlett; and on back row, left to right, Woodrow Williams, manager, and Jimmy Womack,Coach.. Not available for photo were David Blanks, Ray Richardson, Mark Letterman, and Jimmy Miller, coach.

Boxing Cancelled For First Week In July

The Appomattox Jaycee sponsored Boxing Program will be cancelled for the first week in July.

The Boxing Arena located in the Appomatox Depot will reopen on July 10, 1978. The team will begin training hard for a boxing tournament in Greensboro, North Carolina scheduled for July 22nd.

Hopefully a large number of supporters will be able to make the trip to Greensboro to see this event and support the local boxers.

Physicals Scheduled For Sports/ Cheerleaders

Attention - All Appomattox County High School and Appomattox Middle School Students:

If you plan to try-out for any sport or cheerleading during the 1978-79 school year, you MUST HAVE A PHYSICAL EXAMINATION.

A FREE clinic has been set up on July 11th for the boys and July 20th for the girls.

Please report to the ACHS Clinic at 3 p.m. on these dates.

You must have your physical forms signed by a parent prior to your physical examination.

The forms may be obtained from the ACHS office a few days prior to the clinic.

There will be no make-up clinic - so please take advantage of this Free Clinic.

Recreation Basketball Program To Begin July 10

The Recreation Basketball Program will begin Monday, July 10th, at 9 a.m. at the Appomattox County High School gym.

Times are as follows: 9 a.m. to 10:30 a.m., boys ages 8 - 13; 10:30 a.m. to 12 noon, girls only will use the gym for recreational basketball.

The above basketball programs will continue each week day until August 4th.

The gym, weight room, tennis courts, fields will be open each afternoon from 1 p.m. until 3 p.m. each week day. This program runs from July 10 to August 4, 1978. It is for ages 14 through 18 years.

F R C C Lady Golfers Invited To Play At Winton

The ladies of Falling River Country Club's Ladies Golf Association are invited to play at Winton Country Club on July 18th.

Tee-off time is at 9 a.m. Anyone planning to play is asked to sign up at the club by July 11th. The ladies will leave in a group at 7:30 a.m. from the parking lot of the Triangle Plaza Shopping Center.

Classified Ads Give Results

PAMPLIN MINOR LEAGUE

We regret that the picture of the Pamplin Minor League Team was too dark to print. The players on this team are as follows:

Robert Gray
Chris Hamlett
Marvin Hamlett
Steve Hamlett
Lyndell Johnson
Shawn Morris
Darrell Richardson
Tommy Richardson
Eugene Taylor
Darren Tolley
LeRoy Wooldridge

Bill Caldwell, Coach
Lawrence Hamlett, Coach

STONEWALL

"Be, therefore, not anxious about tomorrow: for tomorrow will be anxious for the things of itself." Matt. 6:34.

Mr. and Mrs. Andy Dulah, of North Carolina, spent the week end with Mrs. Elsie Krantz.

Mr. and Mrs. Frank Rhor and daughter, Teena, left Tuesday for Baltimore to visit his mother after a week end visit with her sister, Mrs. Nina Caldwell.

Mr. Edd Howell and son, Pilot Mountain, N.C., came Wednesday for a visit with his sister, Mrs. Nina Caldwell.

Rev. and Mrs. Mitchell had a large number from Albemarle County to come over Sunday to hear him preach.

Mr. and Mrs. I. B. Wheeler Sunday. Mrs. Harvey Thomas, Ben Wheeler were Saturday visitor.

A lot are planning on vacation this week away from home.

Mrs. Claude Trent and girls spent last week end with her parents, Mr. and Mrs. Wallace Bondurant. She went home Tuesday.

Mr. Hog Elliott is in hospital will have surgery Wednesday. Hope he gets along alright.

VACATION & ROBINS

CHICAGO -- Jim and Fern Miller are trapped but happy in Illinois Beach State Park, stymied by a robin that chose to hatch three eggs in a nest on their home trailer. Mrs. Miller said that they're a retired couple roaming the country in their trailer, so we are in no hurry to go anywhere.

TEN SETS OF TWINS

SUMTER, S.C. -- Students and staff at Millwood Elementary School are seeing double these days because it has ten sets of twins attending the school. Principal Joe Kirven said that "it must be some kind of record, having that many sets in one school."

LOCAL OFFICIALS DISCUSS DRUG ABUSE PROBLEM

Cont'd from Page 1

of meetings.

Rev. Earnie Lucas, pastor of Bible Baptist Church, said local residents should voice support to local law enforcement officials, the commonwealth's attorney and judges for "stiffer" penalties for drug abusers.

W. S. (Bill) Slagle inquired what the group could do, "not to become a part of the problem but to provide a solution."

Edward P. Leonard, pastor of Memorial United Methodist Church, commented that he thinks drug usage among teenagers is a "parent problem." However, teenagers are knowledgable of drugs, their symptons and effects while parents sometimes remain unaware of these things.

Upon successful completion of the drug abuse program, the charge can then be dropped. This is an intensive counseling program and some elect not to enter, preferring instead to facing sentence by the court.

The DASH program can be utilized by anyone who has a drug problem, not solely those who face drug related charges.

Bruce Williams told the group he sees an increasing number of persons, who are convicted of charges other than drug violations, using a variety of drugs. Usually if they use marijuana to any degree of regularity they use other forms of drugs also.

Several group members expressed concern that there has been a lack of communication about drug abuse problems in the county. One member said he felt it is mainly a "parent problem," and that children are being less attentive to presentations made to them about drug abuse. More emphasis should be placed on educating parents.

A comment was made by a person attending this meeting that during a one-day time period, a person he knew was given the opportunity ten different times to buy drugs at near-by Holiday Lake.

As a result of this meeting, a committee was organized to explore ways of finding solutions to the drug problem in Appomattox County. Several persons said they would like to see a public forum held or a series of programs geared toward helping citizens become more informed of drugs, their symptoms, effects, and how to cope with persons experiencing drug related problems. This meeting was held at the request of a group of interested citizens who wish to work with local officials toward finding solutions for the drug problem locally.

Follow-up meetings will be widely publicised and citizen participation is urged.

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LOCAL PUBLIC SCHOOLS PROVIDE FULL SERVICES FOR EXCEPTIONAL CHILDREN

Cont'd from Page 1

benefit from or participation in the normal classroom program and necessitates a modified instructional program.

Multiple handicapped are those children whose combination of severely handicapping conditions requires extraordinary programs and/or services to meet their particular educational needs.

Children who are legally blind are those who have 20/200 vision or less in the better eye with the best correction.

Children who are partially sighted are those children who have 20/70 vision or less in the better eye after best correction, up to but not including the definition for legal blindness. In some instances an eye doctor may recommend for services a child who has better visual acuity than 20/70.

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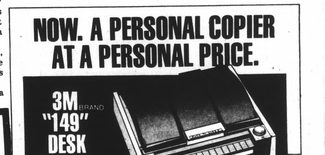

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